

## **Abstract**

The present invention relates to an exercising device that comprises a first strap (1), loops (3, 7) attached to the first strap (1) and an anchorage means (11) that is intended to be fixed to a base, said anchorage means (11) being designed to receive the first strap (1) in such a way that the first strap (1) is displaceable in its longitudinal direction relative to the anchorage means (11). It is significant of the invention that at least one loop (3, 7) has such a length/circumference that it may be mounted around the body, e.g. the waist or the chest, of a user.